



COUNTY OF SAN DIEGO, HEALTH AND HUMAN SERVICES AGENCY, MENTAL HEALTH SERVICES



MENTAL HEALTH SERVICES ACT (MHSA) PREVENTION AND EARLY INTERVENTION (PEI) PROGRAMS AND SERVICES

The Mental Health Services Act (MHSA), Proposition 63, was approved by California voters in November 2004 and became effective January 1, 2005. The MHSA provides funding for expansion of mental health services in California. As required by the law, the County of San Diego, through the Health and Human Services Agency (HHS) Mental Health Services Division, has completed the MHSA Prevention and Early Intervention (PEI) Program and Expenditure Plan.

The MHSA PEI Plan outlines proposed MHSA-funded programs and services to be provided locally. San Diego County's initial allocation has been used to create new prevention programs for unserved and underserved County residents who are at-risk of developing a mental illness or are in the early stages of mental illness. The County's MHSA PEI Plan will be updated annually based on funding revisions and other program considerations. MHSA provides access to services for identified unserved/underserved clients in new or expanded programs, but may not replace or supplant services.

In accordance with the MHSA ***Vision Statement*** and ***Guiding Principles***, services are designed to adhere to the following principles:

- Cultural and linguistic competency
- Promotion of resiliency in children and their families, and recovery/wellness for adults and their families
- Increased access to services, including timely access and more convenient geographic locations for services
- Services that are more effective, including evidence-based or best practices
- Reduced need for out-of-home and institutional care, maintaining clients in their communities
- Reduced stigma towards mental illness
- Consumer and Family participation and involvement
- Increased array and intensity of services
- Screening and treatment for persons with dual diagnoses
- Improved collaboration between mental health and other systems (education, law enforcement, child welfare, etc.)
- Services tailored to age-specific needs
- Address eligibility gaps by serving the uninsured and unserved

PEI Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
PS-01	Primary & Secondary Prevention – Public Outreach, Education and Support Lines	<p>County-wide public media campaign geared towards suicide prevention and stigma and discrimination reduction via education and outreach. Campaign also raises awareness of new PEI programs.</p> <p>In addition, this program provides County-wide, confidential, peer-staffed support phone lines for youth, adults, and families.</p>	<p>Prevent suicide and reduce stigma and discrimination experienced by individuals with mental illness and their families. Increase awareness of available MHSA PEI services.</p> <p>Provide support and increase knowledge of mental illness and related issues. Reduce stigma and harmful outcomes.</p>	<ul style="list-style-type: none"> County-wide Individuals with mental illness Families of individuals with mental illness General public County-wide Youth Family members 	<ul style="list-style-type: none"> Public media campaign to education and promote mental health concerns Print, radio, and TV ads Printed materials Non-crisis, peer phone support and referrals Mental health education Afternoon and evening services, 5 days a week 	<p><u>Housing Media Campaign</u> Cook & Schmid, LLC 2760 Fifth Ave, Ste 210 San Diego, CA 92103 (619) 814-2370</p> <p><u>Suicide Prevention and Stigma Reduction Media Campaign</u> AdEase 170 Laurel St San Diego, CA 92101 (619) 243-2290</p> <p><u>Suicide Prevention Action Plan</u> Community Health Improvement Partners 5575 Ruffin Rd, Ste 225 San Diego, CA 92123 (858) 614-1554</p> <p><u>Breaking Down Barriers</u> Mental Health Association of SD County 4069 30th St San Diego, CA 92104 (619) 543-0412 ext. 102</p> <p><u>Fotonovela</u> Metropolitan Group 519 SW Third Ave Portland, OR 97204 (503) 223-3299</p> <p><u>Support Lines</u> Youth Talk Line (877) 450-LINE (5463)</p> <p>Family Support Line (877)470-LINE (5463)</p> <p>Adult/Family Peer Support Line 800-523-5933 or 619-543-1434</p>

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DV-01	Families as Partners	Services and engagement with community resources and supports for families in the South Region in order to assist in maintaining a safe home for children and reducing the effects of trauma exposure.	Establish a community safety net to ensure the safety and well being of children and their families. Streamline case flow processes to provide services more efficiently to families in crisis.	<ul style="list-style-type: none"> • Children, 0 to 17 years • Families • Located in the South Region of San Diego 	<ul style="list-style-type: none"> • Safety and risk assessment for children conducted in the home • Caregiver stress assessment • Linkage and referral to appropriate services 	South Bay Community Services 1124 Bay Blvd #D Chula Vista, CA 91911 (619) 420-3620
DV-02	South Region Trauma Exposed Services	Services and referrals to prevent re-traumatization of children and families who experience trauma related to exposure to domestic and/or community violence.	Promotion of healthy, effective parenting styles. Connecting children with necessary health and other related services.	<ul style="list-style-type: none"> • Children identified as at risk of being removed from their home • Located in the South Region of San Diego • Polinsky Children's Center residents 	<ul style="list-style-type: none"> • Short-term services • Referrals for comprehensive services • Family education 	Fred Finch Youth Center 3434 Grove St Lemon Grove, CA 91945 (619) 281-3706
DV-03	Alliance for Community Empowerment	Community violence response team and services to siblings of identified gang members in an effort to increase community resiliency and combat the negative effects of violence.	Increase the resiliency of individuals, families, and the community to address and reduce the impact of community violence and trauma. Reduce the negative impact of gangs.	<ul style="list-style-type: none"> • Younger siblings (10-14 years) of adolescent/young adult gang members or affiliates • Communities exposed to violence • Central San Diego 	<ul style="list-style-type: none"> • Home-based services • On-going family supports • Positive peer-based services • Anger management • Conflict resolution 	Union of Pan Asian Communities 1031 25th St San Diego, CA 92102 (619) 232-6454
NA-01	Collaborative Native American Initiative	Urban Youth Center, elder services/navigator program, suicide prevention program, and outreach and prevention program for the Native American community.	Increase community involvement and education through services designed and delivered by Native American community members.	<ul style="list-style-type: none"> • American Indians • Alaska Natives • Rural reservation communities • Urban AI/AN communities 	<ul style="list-style-type: none"> • Youth center • Elder programs and activities • Suicide prevention • Outreach and education 	Indian Health Council, Inc. 50100 Golsh Rd Valley Center, CA 92082 (760) 749-1410

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EC-01	Positive Parenting Program (Triple P)	Three levels of the Triple P parenting program to educate parents with children exhibiting behavioral/emotional problems in Head Start and Early Head Start Centers.	Strengthen the skills of parents, staff, and educators to promote the development, growth, health, and social competence of young children. Reducing behavioral/emotion problems in children.	<ul style="list-style-type: none"> • Parents and children (0 to 5 years) • Enrolled in Head Start or Early Head Start centers • Central and North Coastal regions of San Diego 	<ul style="list-style-type: none"> • Positive Parent Program (Triple P) • Early intervention services • Referrals and linkage 	Jewish Family Services 285 N. El Camino Real Ste 211 Encinitas, CA 92024 (858) 637-3300
SA-01	School-Based Program	Family-focused approach that engages families in their child's school success. School-based interventions with families are coordinated and designed to improve child/parent social and emotional skills.	Reduce family isolation and stigma associated with seeking behavioral health services. Increase resiliency and protective factors for children. Reduce parental stress.	<ul style="list-style-type: none"> • School-age children and their families • Underserved Asian/Pacific Islanders and Latinos 	<ul style="list-style-type: none"> • Positive Behavioral Support (PBS) • Screening and early identification of at-risk children • Community outreach to families • Education and support 	Palomar Family Counseling Services Inc. 1002 Grand Ave. Escondido, CA 92025 (760) 741-2660 San Diego Youth Services – East Region School Based 3845 Spring St Spring Valley, CA 91977 (619) 258-6877
SA-02	Suicide Prevention Education Awareness and Knowledge (SPEAK)	Suicide prevention program to serve students through education, outreach, screening, and referrals in schools. Includes education to school staff and families.	Reduce suicides and the negative impact of suicide in schools. Increase education of education community and families.	<ul style="list-style-type: none"> • Children, youth, and transition age youth (18 to 24 years) • School staff and gatekeepers • Families and caregivers 	<ul style="list-style-type: none"> • Education and outreach • Screening • Crisis response training • Short-term early intervention • Referrals 	Correia Middle School 4302 Valeta Street B4 San Diego, CA 92108 (858) 573-2233

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FB-01	Kick Start	Services for individuals at-risk for developing or experiencing a first break of serious mental illness that includes outreach, education, and intervention.	Provide services to individuals experiencing the onset of mental illness. Reduce the potential negative outcomes associated with mental health issues in the early stages of the illness.	<ul style="list-style-type: none"> Youth (14 to 17 years) Transition age youth (18 to 24 years) Central region of San Diego 	<ul style="list-style-type: none"> Assessment Family education Mobile outreach Early intervention Information and linkage 	Providence Community Services 6153 Fairmont Ave #260 San Diego, CA 92120 (619) 481-3790
OA-01	Elder Multicultural Access and Support Services (EMASS)	Peer-based outreach and engagement to older adults to support prevention of mental illness and increase access to care.	Reduce ethnic disparities in service access and use. Increase access to care.	<ul style="list-style-type: none"> Older adults (60+ years) Focus on Hispanic, African refugee, African American, and Asian/Pacific Islander individuals 	<ul style="list-style-type: none"> Outreach and education Referral and linkage Benefits advocacy Peer counseling Transportation services Home and community based services 	Union of Pan Asian Communities 200 N. Ash St #100 Escondido, CA 92027 (760) 233-1984
OA-02	Positive Solutions Program	Outreach, and prevention and early intervention services for older adults who receive meals delivered through the Aging and Independence Services program by using Program to Encourage Active and Rewarding Lives (PEARLS) model.	Increase knowledge of signs/symptoms of depression and suicide risk for those who live/work with older adults. Reduce stigma associated with mental health concerns and disparities in access to services.	<ul style="list-style-type: none"> Homebound older adults (60+ years) at risk for depression or suicide 	<ul style="list-style-type: none"> Screening/assessment Brief intervention (PEARLS and/or Psycho-education) Referral and linkage Follow-up care 	Union of Pan Asian Communities 525 14th St Ste 200 San Diego, CA 92101 (619) 238-1783 ext 30

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OA-04	REACHing Out	Intervention to caregivers of Alzheimer's patients to prevent/decrease symptoms of depression, isolation, and burden of care through bilingual/bicultural Peer Counselors.	Reduce incidence of mental health concerns in caregivers of Alzheimer's patients. Improve the quality of well-being for caregivers and families. Provide services to an underserved/unserved population.	<ul style="list-style-type: none"> Hispanic caregivers of older adult Alzheimer's patients South Bay region of San Diego 	<ul style="list-style-type: none"> Personalized intervention Home visits Telephone support Education Skills training Stress management education 	Southern Caregiver Resource Center 3675 Ruffin Rd San Diego, CA 92123 (858) 268-4432
OA-05	Salud	Integrated treatment of depression and diabetes in primary care settings for Hispanic older adults by assigning one care provider for both health concerns.	Integrate treatment of co-occurring health and mental health issues. Reduce/prevent negative impact of co-occurring concerns and improve quality of life.	<ul style="list-style-type: none"> Hispanic older adults (60+ years) With a diagnosis of diabetes Exhibiting symptoms of or at-risk of depression 	<ul style="list-style-type: none"> Outreach in the primary care clinic and in community settings Integrated diabetes and depression care 	North County Health Services 150 Valpreda Rd San Marcos, CA 92069 (760) 736-6700 San Ysidro Health Center 4004 Beyer Blvd San Ysidro, CA 92173 (619) 662-4100 UC San Diego 9500 Gilman Dr La Jolla, CA 92093 (858) 534-4020
OA-03	Life Long Learning Aging and Wellness	Education program targeting older adults, families, caregivers, and providers on issues relevant to the older adult community.	Increase awareness and understanding of older adult concerns with a wellness focus. Reduce stigma and incidence of suicide and mental health issues for older adults.	<ul style="list-style-type: none"> Older adults (60+ years) Family, caregivers, and other support partners Primary care service providers 	<ul style="list-style-type: none"> Education curriculum specifically designed for older adults, families and caregivers, and service providers 	Behavioral Health Education & Training Academy (BHETA) Academy for Professional Excellence SDSU School of Social Work 6505 Alvarado Rd, Ste 107 San Diego, CA 92120 (619) 594-0923

PEI Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
RC-01	Rural Integrated Behavioral Health and Primary Care Services	Assessment and short-term interventions in rural community clinics for individuals who may be at risk for or in the early stages of mental illness.	Prevent patients in rural community clinics from developing an increased level of behavioral health issues, severe mental illness, or addiction.	<ul style="list-style-type: none"> Children, adolescents, transition age youth, adults, and older adults in community clinics located in the rural areas of San Diego 	<ul style="list-style-type: none"> Assessment Brief intervention Education Mobile outreach 	<p>Vista Hill 1012 Main Street, Ste A Ramona, CA 92065 (760) 788-9724</p> <ul style="list-style-type: none"> <u>North County Health Services</u> 217 Earlham St Ramona, CA 92065 <u>Mt. Valley's Health Center</u> 16650 Highway 76 Pauma Valley, CA 92061 <u>Julian Medical Center</u> 2721 Washington St Julian, CA 92036
CO-01	Bridge to Recovery	Early intervention services to individuals presenting at crisis emergency facilities who have high substance use issues and early mental health concerns.	Instill hope, reduce stigma about seeking treatment, and prevent suicide for individuals in crisis presenting with co-occurring substance and mental health issues.	<ul style="list-style-type: none"> Transition age youth (18 to 24 years), adults and older adults (25 to 60+ years) with substance use issues and emerging mental health issues Referred from crisis emergency facilities 	<ul style="list-style-type: none"> Screening Brief intervention Referral and linkage Psycho-education groups Training for law enforcement on co-occurring issues 	<p>Bridge to Recovery 3851 Rosecrans San Diego, CA 92110 (619) 542-4166</p>
VF-01	Courage to Call Program	Confidential, peer-staffed outreach, education, and training services to the Veteran community and its service providers.	Increase awareness of the prevalence of mental illness in this community. Reduce mental health risk factors or stressors. Improve access to mental health and PEI services, information, and support.	<ul style="list-style-type: none"> Veterans Active duty military Reservists National Guard Family members 	<ul style="list-style-type: none"> Education Debriefings Peer counseling Linkage to mental health services Mental health information Support Hotline 	<p>Mental Health Systems, Inc. 2165 Kurtz Street San Diego, CA 92110 (877) 698-7838</p>

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CO-02	Co-Occurring Disorder – Screening by Community-Based ADS Providers	Addition of mental health counselors to residential and outpatient Alcohol and Drug Services programs to identify and screen clients with or exhibiting mental health concerns.	Support integrated treatment of co-occurring issues for those enrolled in substance abuse treatment. Reduce stigma associated with mental health concerns and provide.	<ul style="list-style-type: none"> Individuals residing in contracted residential and outpatient substance abuse programs with or exhibiting mental health concerns 	<ul style="list-style-type: none"> Screening Education Brief counseling Referral and linkage Prevention groups Family education 	<p>Catholic Charities (619) 236-2828</p> <p>Vista Hill Parent Care (619) 698-1663</p> <p>Harmony West (MHS, Inc.) (619) 285-1718</p> <p>Family Recovery Center Non-residential (MHS, Inc.) (760) 439-6702</p> <p>North Inland Regional Recovery Center (MHS, Inc.) (760) 741-7708</p> <p>House of Metamorphosis (619) 236-9492</p> <p>Stepping Stone Residential and Non-Residential (619) 278-0777</p> <p>The Palavra Tree Southeast and Southwest Teen Recovery Center (619) 263-7768</p> <p>Phoenix House Residential and Teen Recovery Center (619) 445-0405</p> <p>UPAC Adult (619) 521-5750</p>